



PERSEVERENCE lesson for use with CATKWONDO

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Instructions for use: This activity was designed with the help of educators to be compatible with a variety of learning standards and for an easy “grab-and-go”

lesson that works well in the physical OR virtual classroom with few extra materials required. This can also easily be used as a substitute lesson, library activity, or before or after school program.

This SEL (Social Emotional Learning) lesson focuses on reading comprehension and develops positive self-identity, self-management skills, social awareness, empathy, resiliency, and focus of attention.

These writing prompts were designed for use with grades K-2 in a group or grades 3 and 4 as an individual activity. After reading CATKWONDO, read or distribute the questions on page 2. A guide with sample answers is included on page 3.

Ways to further expand the learning:

- Ask students to draw, write about, or discuss a time they tried a new activity. Was it challenging? Did they enjoy it?
- As a class or in small groups, discuss how people in families, schools, and communities can help support one another.
- Help students draw, discuss, or make a list of activities they are interested in learning or trying.

ANSWER GUIDE for CATKWONDO perseverance lesson
for use with grades K-2 as a group or grades 3-4 on own

- 1. Kitten learns that being able to break a board takes time and lots of practice to master. What things have you tried that take time to do well?**

Answers may include: sports, music, art, crafts, etc.

- 2. What emotions do you feel when you don't get something right away?**

Answers may include: hurt, sad, mad, frustrated, angry, upset, anxious, etc.

- 3. Who helped Kitten when she felt frustrated at not being able to break the board? Who has helped you when you felt frustrated?**

Answers include: teammates, teachers, parents, friends, relatives, bystanders, etc.

- 4. Talk about how you felt when you finally could do something after lots of time and practice.**

Answers include: I felt proud, happy, content, excited, accomplished, etc.

- 5. How can you help someone who is frustrated?**

Answers include: being a good listener, encouraging words, cheer them on, etc.